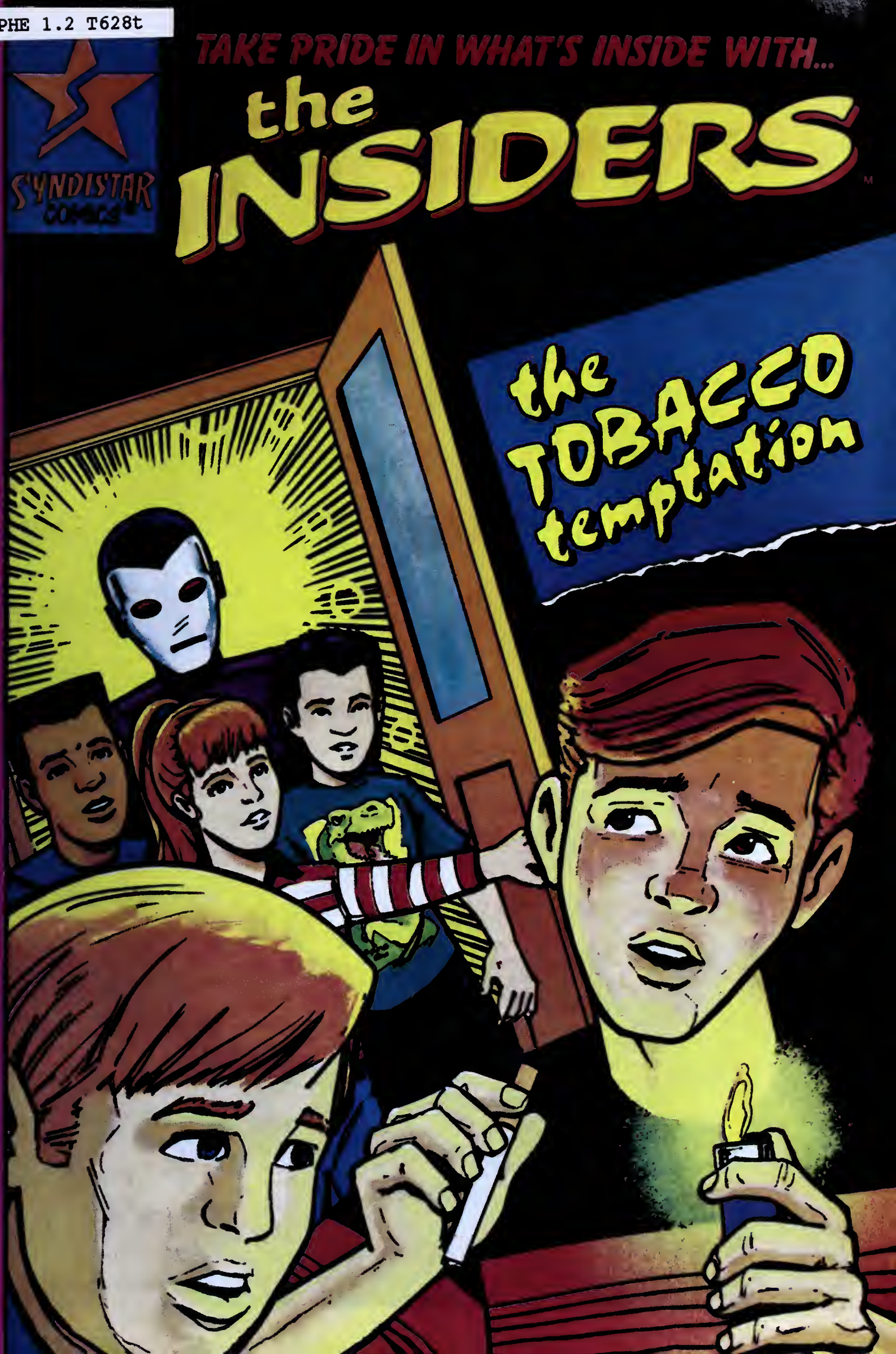
PHE 1.2 T628t

TAKE PRIDE IN WHAT'S INSIDE WITH...

the INSIDERS™

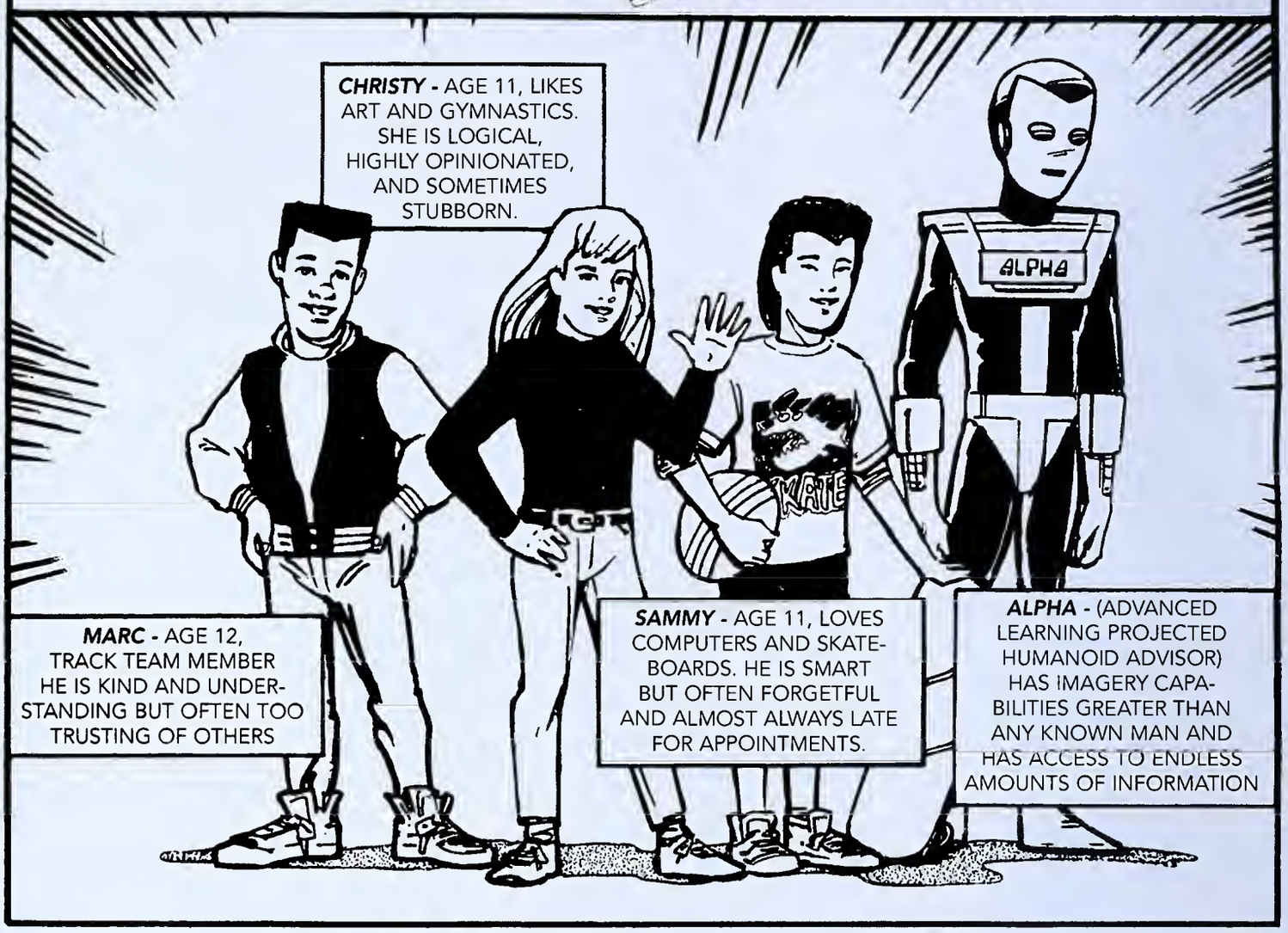
SYNDISTAR COMICS

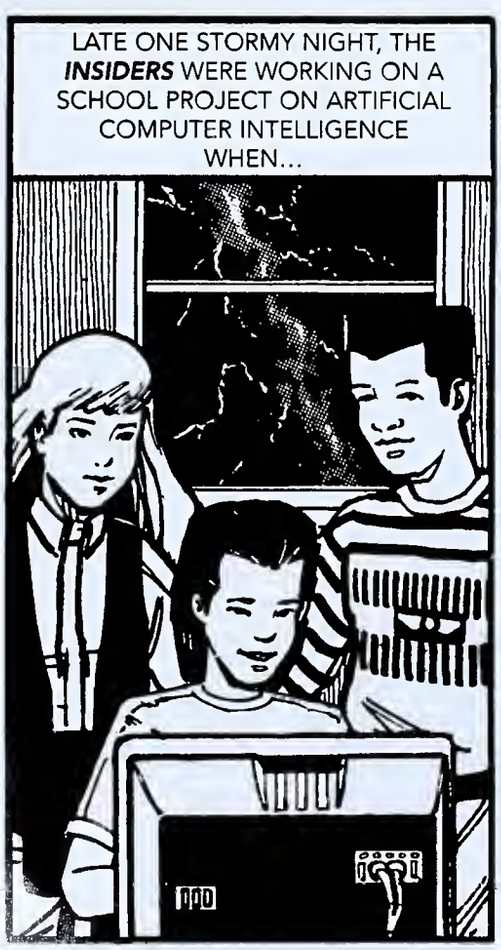
the TOBACCO temptation

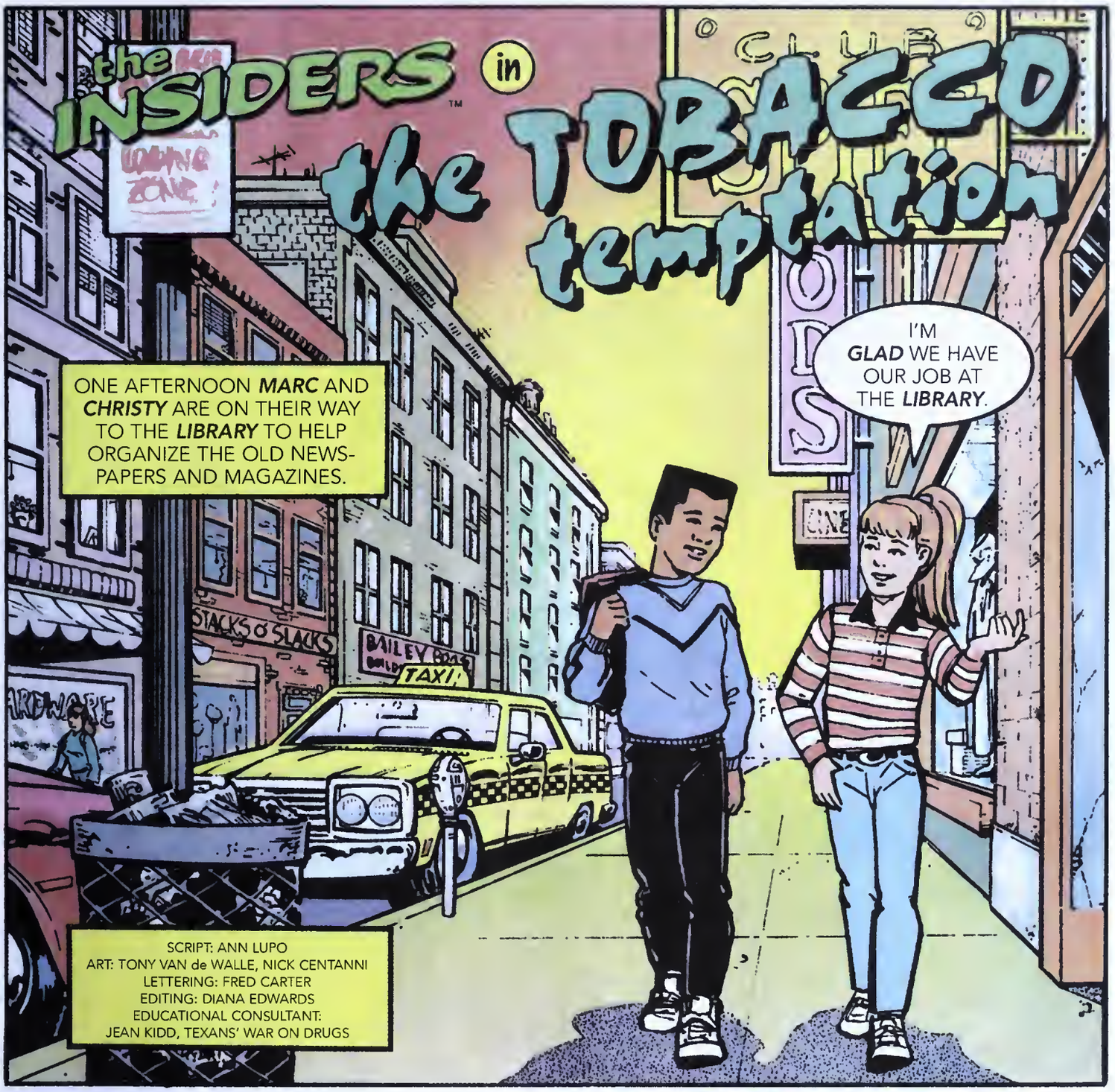


IN THIS ISSUE: The Dangers Of Smoking And Chewing Tobacco

it's time to meet... the INSIDERS™

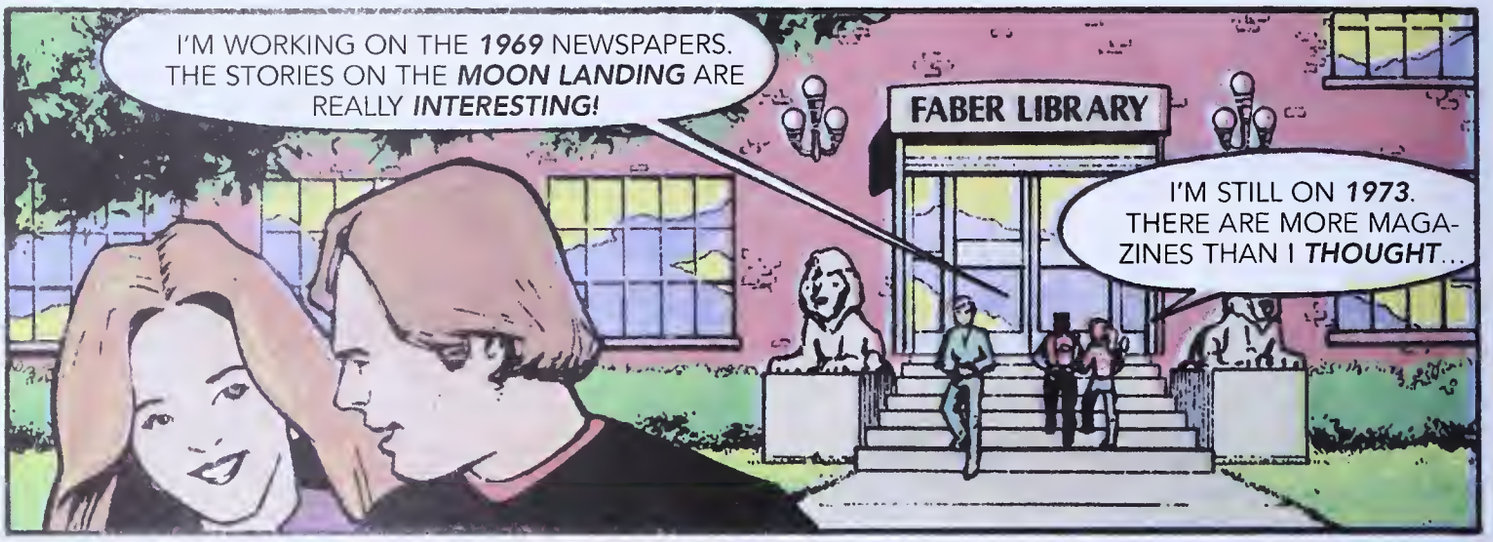


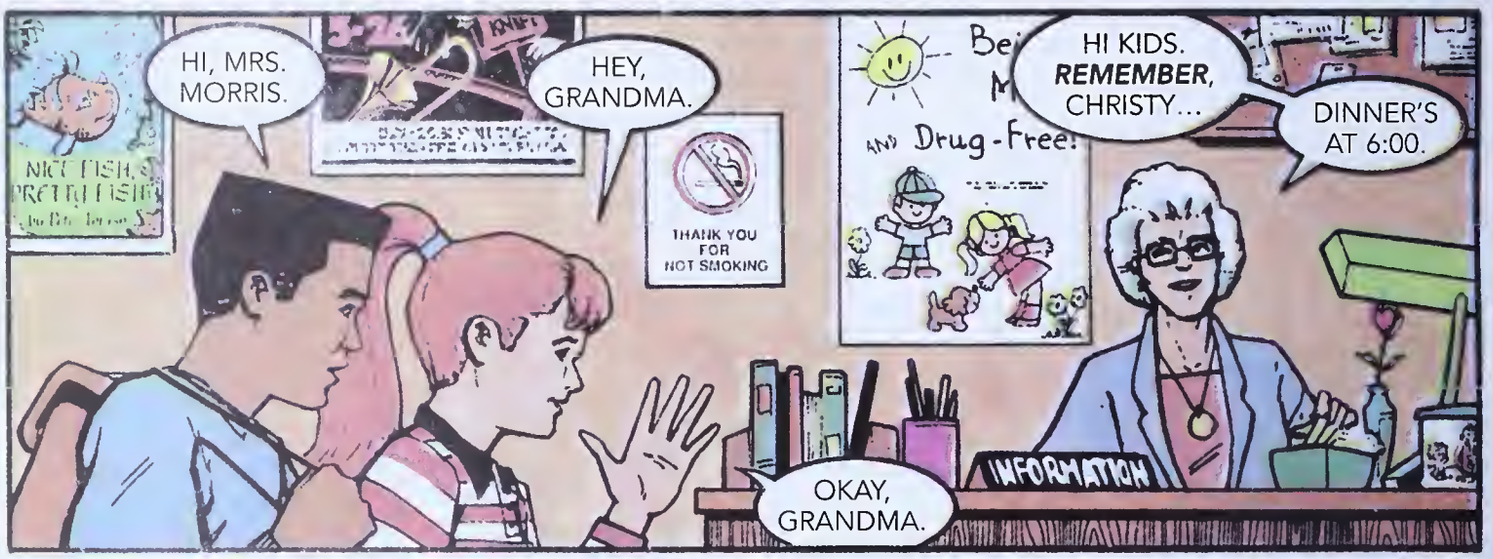



the INSIDERS™ in
the TOBACCO temptation
ONE AFTERNOON MARC AND CHRISTY ARE ON THEIR WAY TO THE LIBRARY TO HELP ORGANIZE THE OLD NEWSPAPERS AND MAGAZINES.
I'M GLAD WE HAVE OUR JOB AT THE LIBRARY.
STACKS O SLACKS
BAILEY BOAS
TAXI
SCRIPT: ANN LUPO
ART: TONY VAN de WALLE, NICK CENTANNI
LETTERING: FRED CARTER
EDITING: DIANA EDWARDS
EDUCATIONAL CONSULTANT:
JEAN KIDD, TEXANS' WAR ON DRUGS

YEAH, ME TOO. WE'RE LUCKY THAT YOUR GRANDMA ASKED US TO HELP.

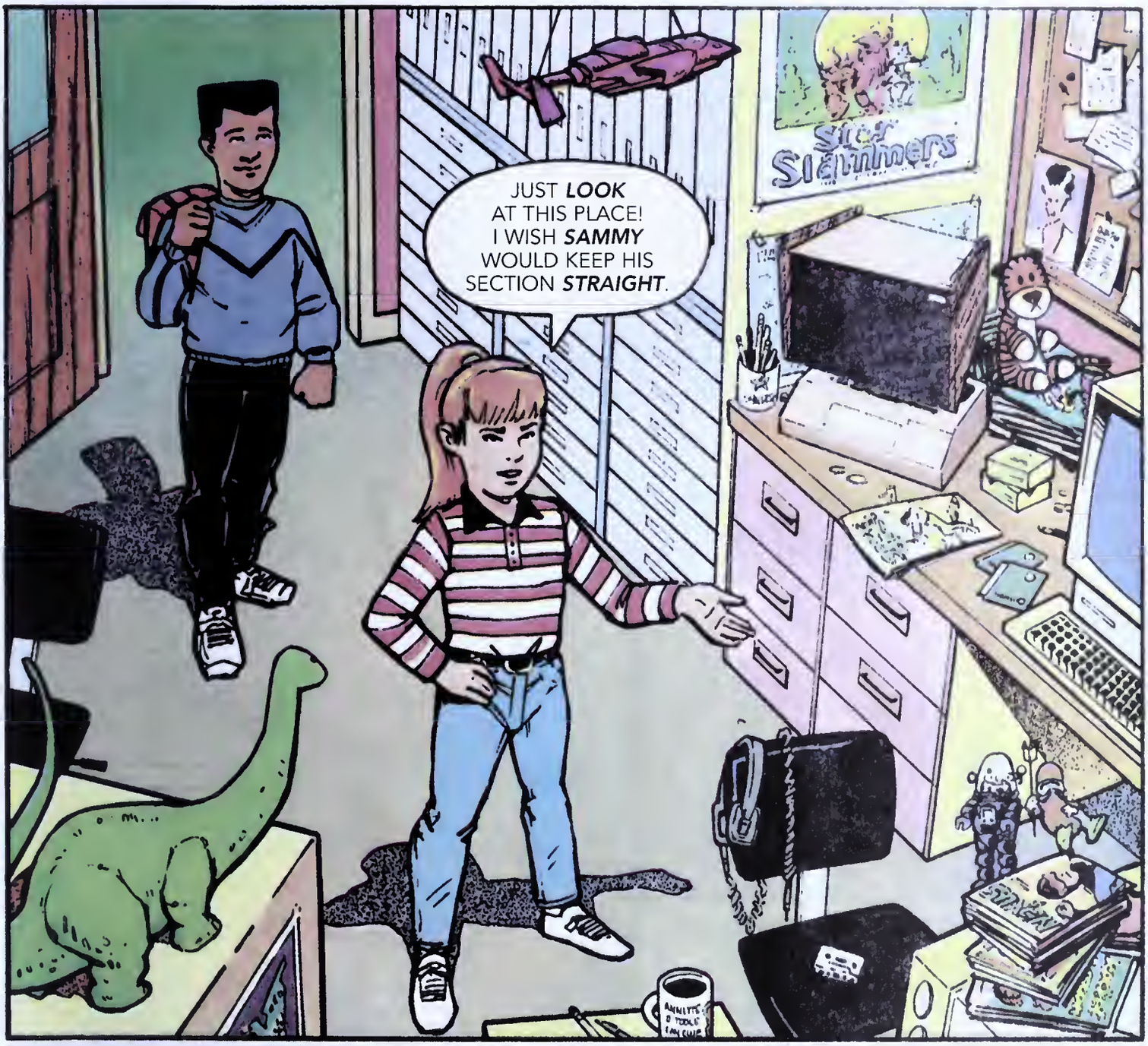
I HOPE SAMMY GETS THERE ON TIME TODAY. HE'S ALWAYS LATE.
HE KNOWS WE HAVE LOTS TO DO. DON'T WORRY. HE'LL BE THERE.

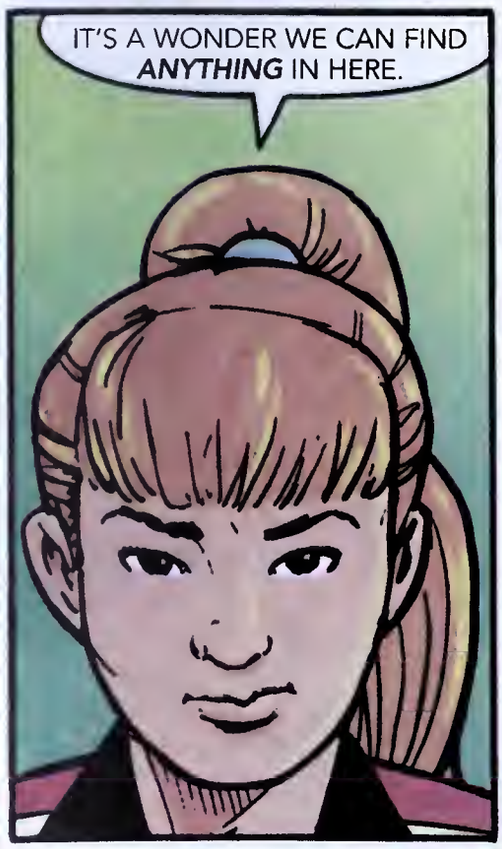

I'M WORKING ON THE *1969* NEWSPAPERS. THE STORIES ON THE *MOON LANDING* ARE REALLY *INTERESTING!*
FABER LIBRARY
I'M STILL ON *1973*. THERE ARE MORE MAGAZINES THAN I *THOUGHT*...


HI, MRS. MORRIS.
HEY, GRANDMA.
THANK YOU FOR NOT SMOKING
HI KIDS. *REMEMBER*, CHRISTY...
DINNER'S AT 6:00.
and Drug-Free!
INFORMATION
OKAY, GRANDMA.

I THOUGHT THIS JOB WOULD BE *BORING*, BUT WORKING HERE IS *FUN*.
YEAH – THE *LIBRARY'S* A PRETTY NEAT PLACE.

YOU'D BE *SURPRISED* WHAT YOU CAN *LEARN* LOOKING THROUGH *OLD MAGAZINES*...
CLICK


JUST *LOOK* AT THIS PLACE! I WISH *SAMMY* WOULD KEEP HIS SECTION *STRAIGHT*.
Star Slammers

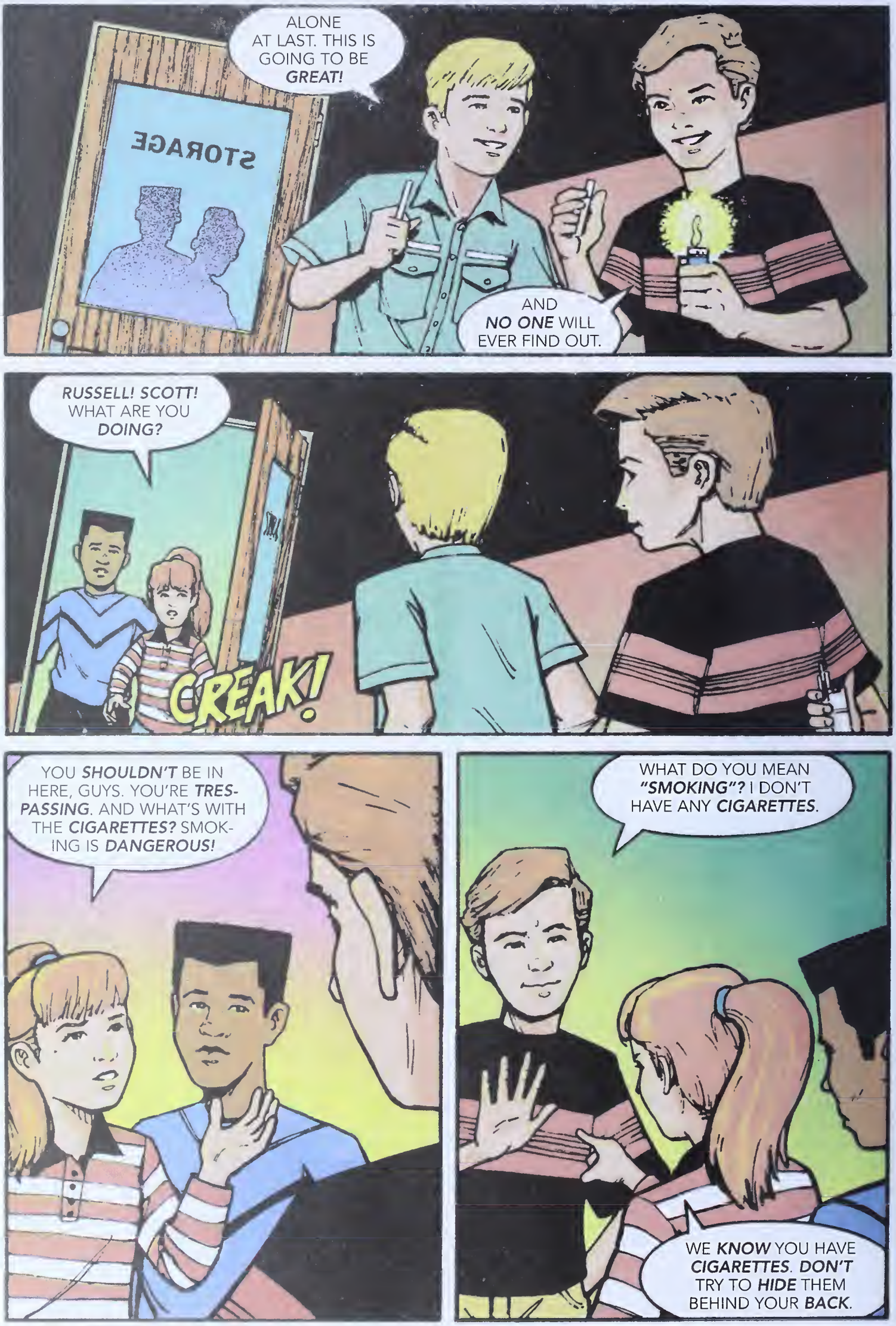

IT'S A WONDER WE CAN FIND *ANYTHING* IN HERE.

DON'T WORRY, SAMMY WILL BE HERE SOON. WE'LL CLEAN THINGS AND GET STARTED.

WELL, HE'D *BETTER* GET HERE SOON. WHERE *IS* HE *ANYWAY?*
TAP! TAP! TAP!

NOT FAR AWAY...
... AND IT'S THE GREAT *SAMMY LEE*, DEFYING ALL GRAVITY AS HE PERFORMS HIS *SUPER FRONT SIDE GRIND!*
ZEEEP! ZEEEP!
SAMMY – COME IN. IT'S *MARC*.
WHERE *ARE* YOU?
CHRISTY AND *I* ARE IN THE BASEMENT *WAITING* FOR YOU. IS EVERYTHING *OKAY?*
EVERYTHING'S *COOL!* I'M *RIGHT OUTSIDE*. I'LL BE THERE IN A SEC...
HEY! THERE ARE TWO GUYS BY THE *STORAGE ROOM WINDOW*.
I'M GOING TO GET *CLOSER* TO SEE WHAT THEY'RE *DOING*.

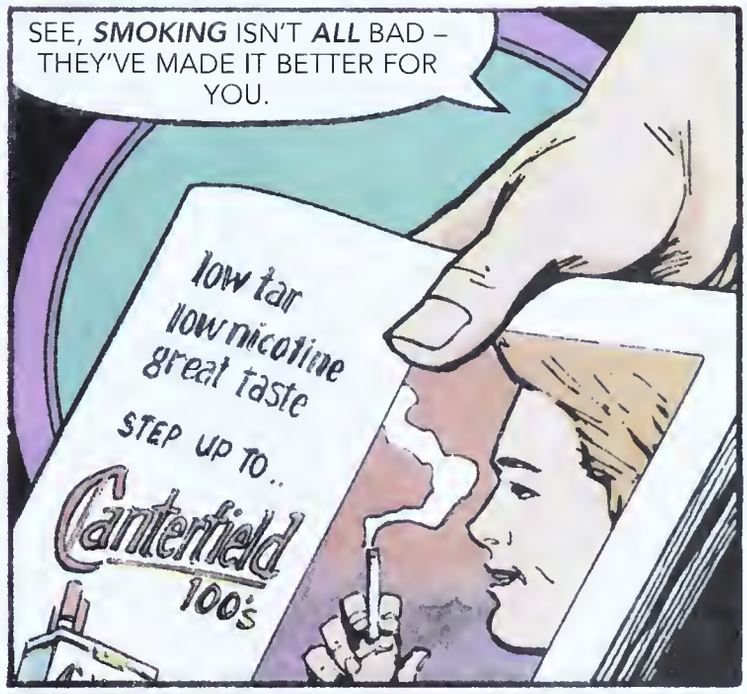
!
COME ON, SCOTT!
WE'LL GET CAUGHT IF YOU DON'T HURRY WITH THAT WINDOW!
JUST CALM DOWN – IT'S ALMOST OPEN.
THERE, I GOT IT.
SEE, WE'RE IN –
AND YOU WERE WORRIED.
YEAH, YEAH.
JUST GET IN HERE.
HEY, GUYS, RUSSELL AND SCOTT JUST CLIMBED THROUGH THE STORAGE ROOM WINDOW.
GO SEE WHAT'S HAPPENING, AND I'LL MEET YOU INSIDE.
WHAT COULD THEY BE DOING IN THE STORAGE ROOM?
WHATEVER IT IS, IT CAN'T BE GOOD. WE'D BETTER GO CHECK.


ALONE AT LAST. THIS IS GOING TO BE *GREAT!*
STORAGE
AND *NO ONE* WILL EVER FIND OUT.
RUSSELL! SCOTT! WHAT ARE YOU *DOING?*
CREAK!
YOU *SHOULDN'T* BE IN HERE, GUYS. YOU'RE *TRESPASSING*. AND WHAT'S WITH THE *CIGARETTES?* SMOKING IS *DANGEROUS!*
WHAT DO YOU MEAN *"SMOKING"?* I DON'T HAVE ANY *CIGARETTES*.
WE *KNOW* YOU HAVE *CIGARETTES*. *DON'T* TRY TO *HIDE* THEM BEHIND YOUR *BACK*.

WHAT'S GOING ON IN HERE?
WE CAUGHT THEM WITH CIGARETTES.
OKAY, I ADMIT IT.
NOW GET OFF MY BACK!

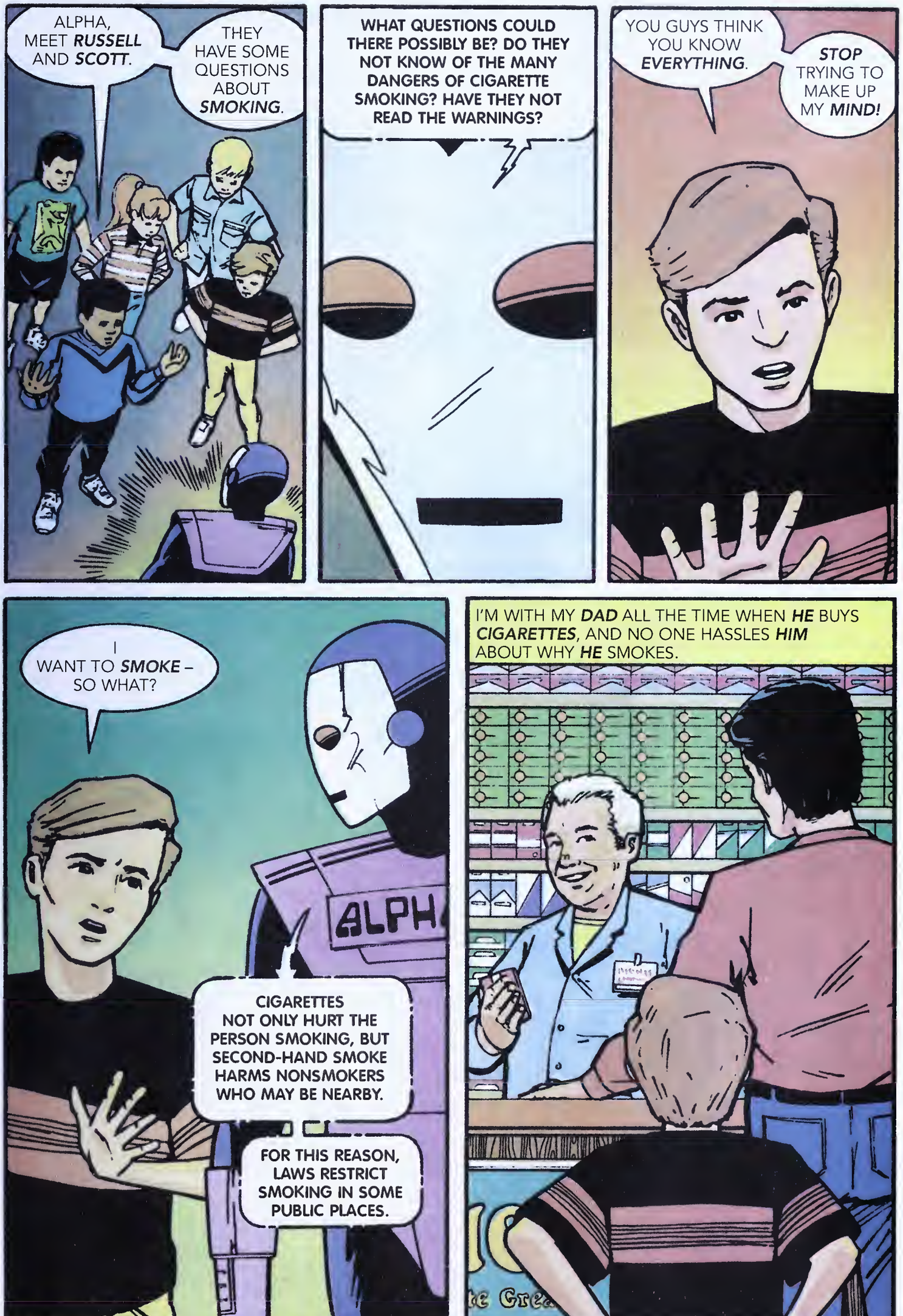
WHAT'S IT TO YOU IF WE SMOKE?
YOU CAN'T TELL US WHAT TO DO.
"DANGEROUS."
YEAH, RIGHT.

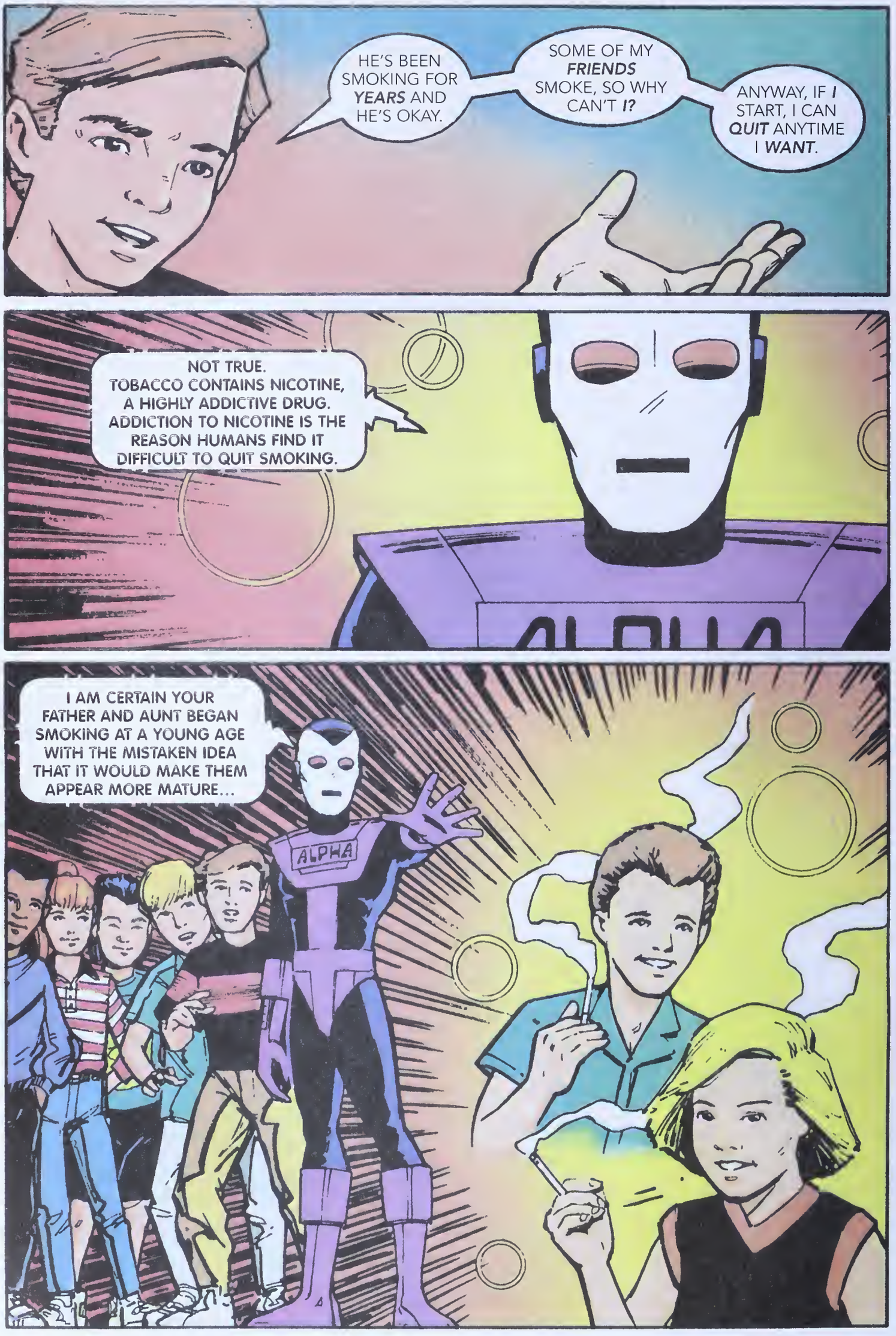
MY DAD AND AUNT SMOKE, AND IT DOESN'T SEEM TO BOTHER THEM. YOU SEE SMOKING IN THE MOVIES AND ON TV. EVERYBODY SMOKES. IT'S COOL.

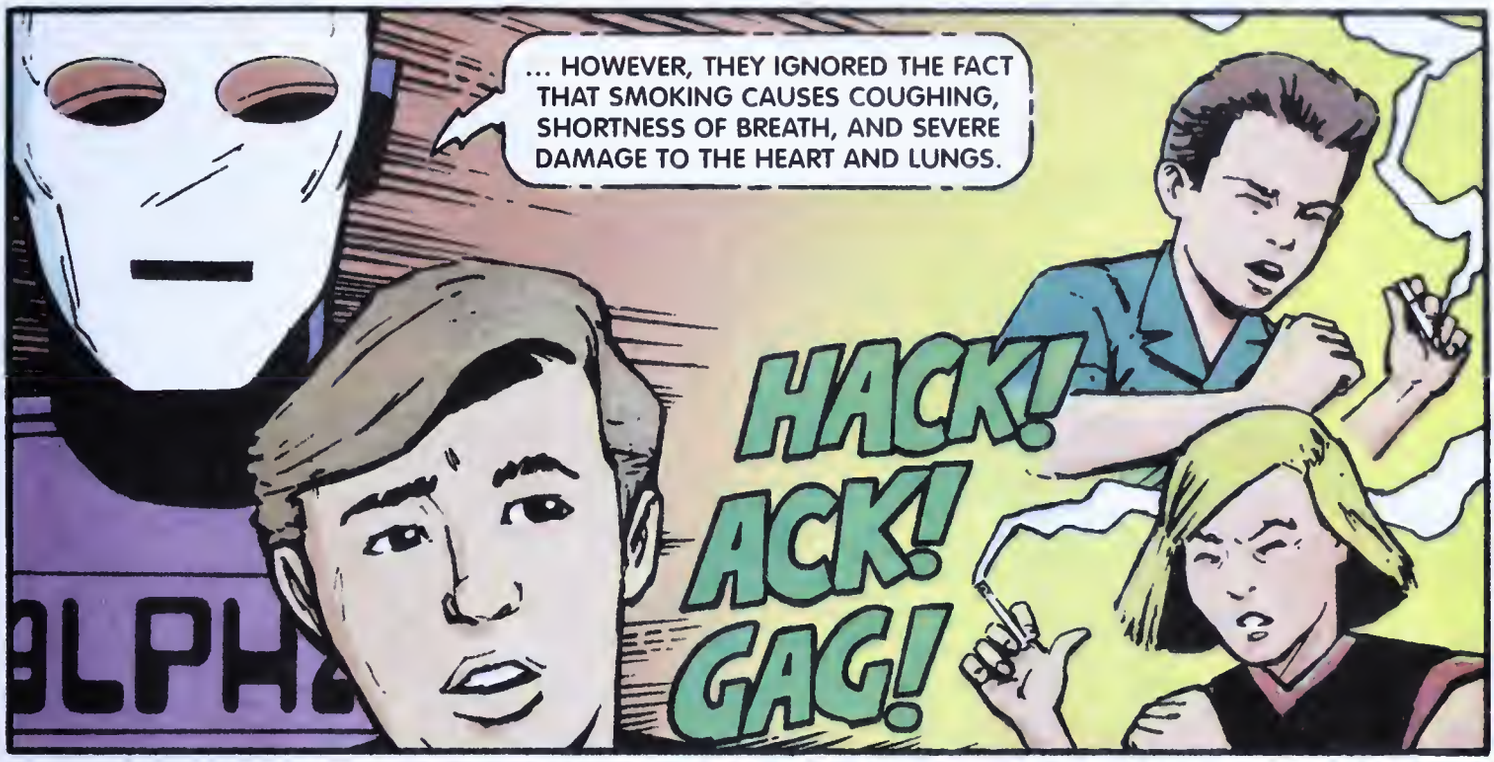

SEE, SMOKING ISN'T ALL BAD – THEY'VE MADE IT BETTER FOR YOU.
low tar
low nicotine
great taste
STEP UP TO..
Canterfield
100's

WAIT... THAT AD DOESN'T GIVE ALL THE FACTS. CIGARETTE MAKERS WANT SMOKING TO LOOK AND SOUND GOOD SO YOU'LL BUY THEIR PRODUCT. BUT THEY DON'T TELL YOU HOW DANGEROUS SMOKING IS.

LISTEN, WE'VE GOT A FRIEND NEXT DOOR WHO CAN GIVE YOU ALL THE FACTS. LET'S GO!
THEY MIGHT NOT EVEN BELIEVE IT WHEN THEY SEE IT.
I'LL HAVE TO SEE IT TO BELIEVE IT.
giggle!
I DON'T SEE ANYBODY.
HOLD ON. I'LL CALL HIM.
BEEP! BEEP! BEEP!
MEET A.L.P.H.A.!
THAT'S SHORT FOR ADVANCED LEARNING PROJECTED HUMANOID ADVISOR.
FTASSSP!
GOOD AFTERNOON, MY FRIENDS.
HOW MAY I ASSIST YOU?
IS THERE A PROBLEM?

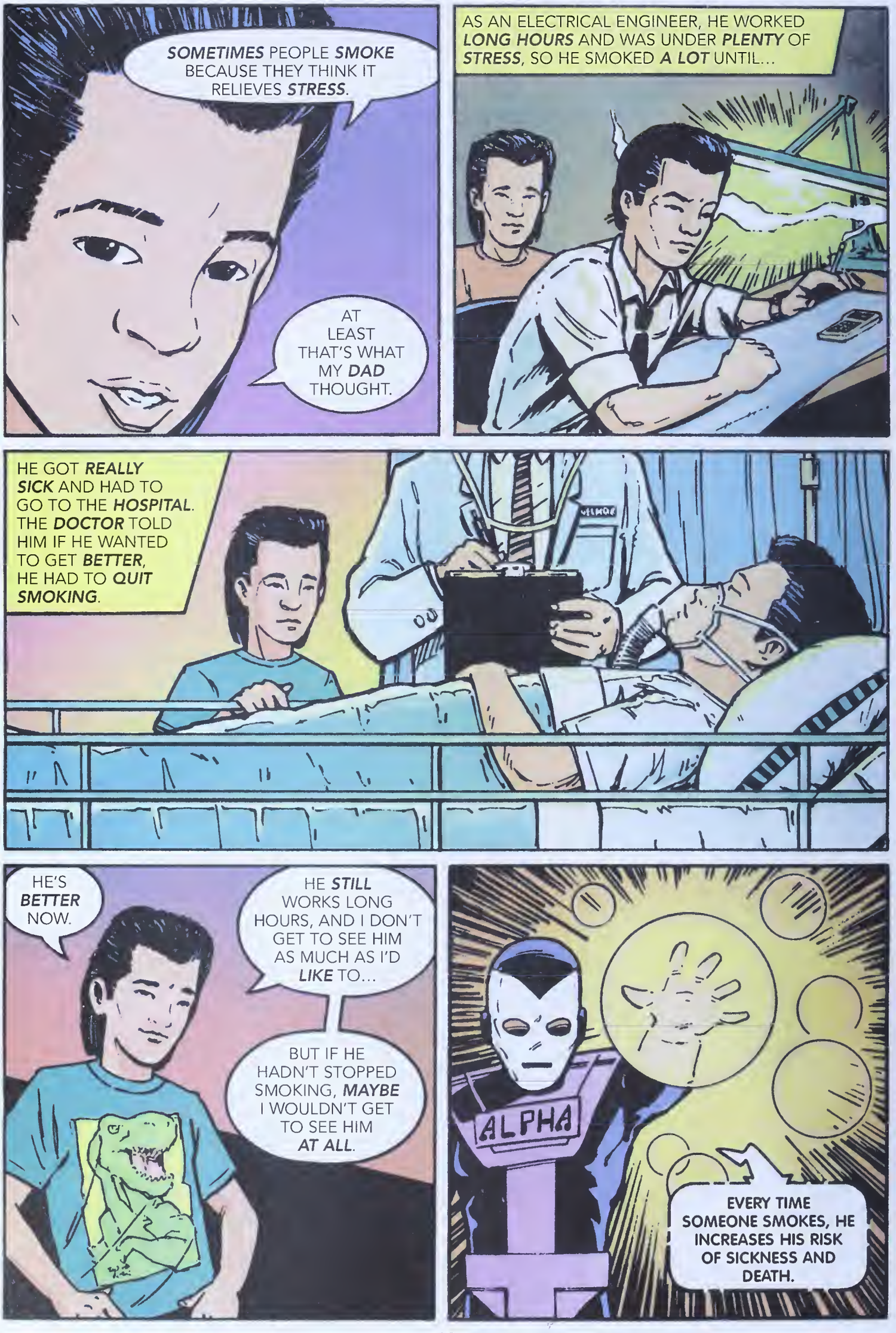

ALPHA, MEET *RUSSELL* AND *SCOTT*.
THEY HAVE SOME QUESTIONS ABOUT *SMOKING*.
WHAT QUESTIONS COULD THERE POSSIBLY BE? DO THEY NOT KNOW OF THE MANY DANGERS OF CIGARETTE SMOKING? HAVE THEY NOT READ THE WARNINGS?
YOU GUYS THINK YOU KNOW *EVERYTHING*.
STOP TRYING TO MAKE UP MY *MIND!*
I WANT TO *SMOKE* – SO WHAT?
ALPH
CIGARETTES NOT ONLY HURT THE PERSON SMOKING, BUT SECOND-HAND SMOKE HARMS NONSMOKERS WHO MAY BE NEARBY.
FOR THIS REASON, LAWS RESTRICT SMOKING IN SOME PUBLIC PLACES.
I'M WITH MY *DAD* ALL THE TIME WHEN *HE* BUYS *CIGARETTES*, AND NO ONE HASSLES *HIM* ABOUT WHY *HE* SMOKES.

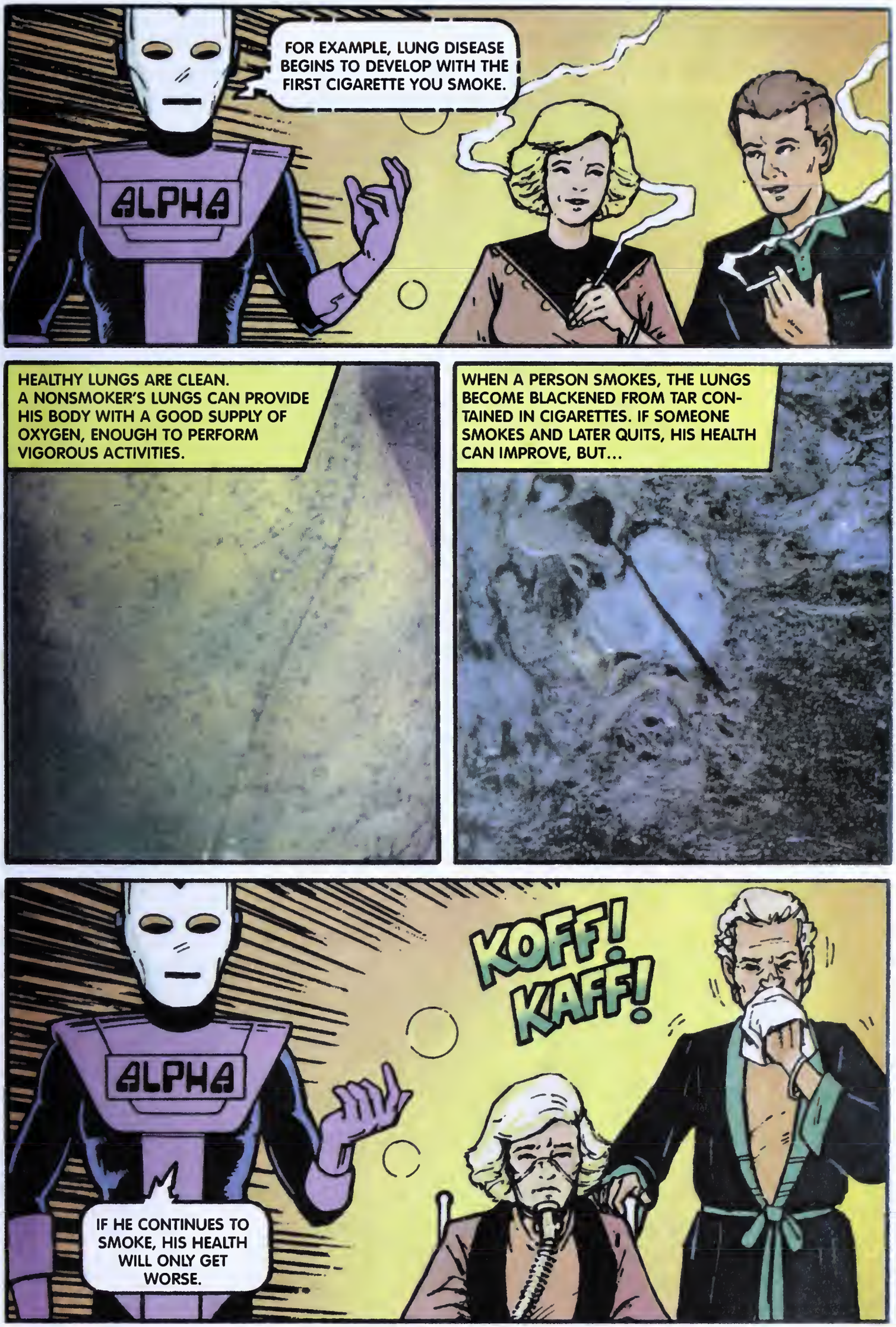

HE'S BEEN SMOKING FOR *YEARS* AND HE'S OKAY.
SOME OF MY *FRIENDS* SMOKE, SO WHY CAN'T *I*?
ANYWAY, IF *I* START, I CAN *QUIT* ANYTIME I *WANT*.
NOT TRUE. TOBACCO CONTAINS NICOTINE, A HIGHLY ADDICTIVE DRUG. ADDICTION TO NICOTINE IS THE REASON HUMANS FIND IT DIFFICULT TO QUIT SMOKING.
I AM CERTAIN YOUR FATHER AND AUNT BEGAN SMOKING AT A YOUNG AGE WITH THE MISTAKEN IDEA THAT IT WOULD MAKE THEM APPEAR MORE MATURE...
ALPHA

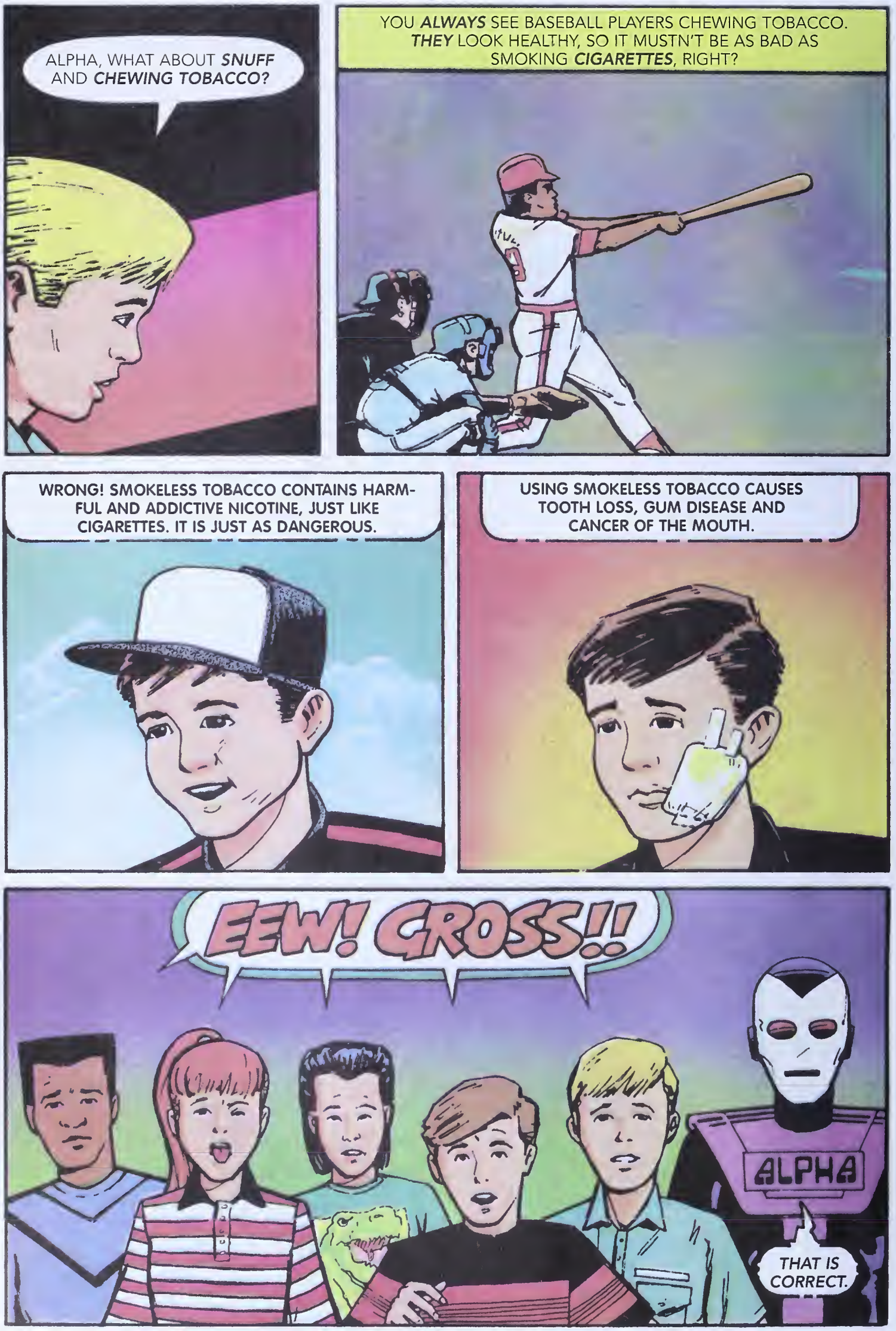

... HOWEVER, THEY IGNORED THE FACT THAT SMOKING CAUSES COUGHING, SHORTNESS OF BREATH, AND SEVERE DAMAGE TO THE HEART AND LUNGS.
HACK! ACK! GAG!

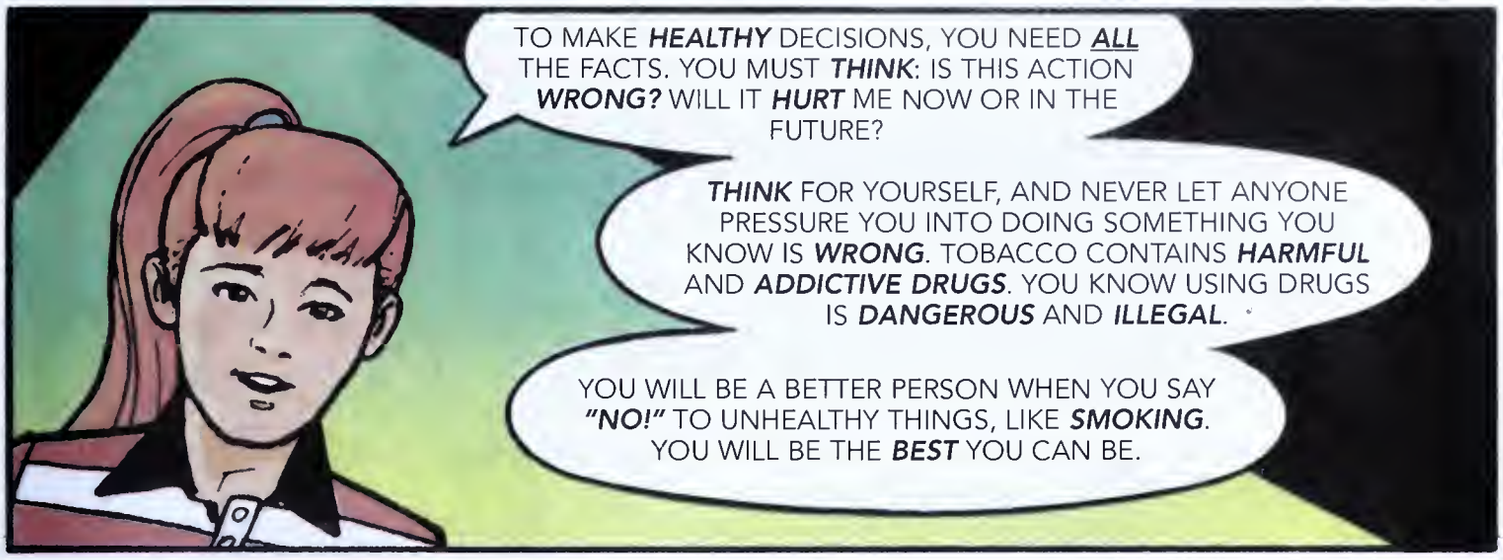
ALPHA IS *RIGHT*.
I'M ON THE *TRACK TEAM* AT SCHOOL, AND MY COACH SAYS PEOPLE WHO *SMOKE* MOVE *SLOWER*...
AND HE DOESN'T WANT ANYONE ON HIS TEAM WHO DOESN'T *TAKE CARE* OF HIS *BODY*.

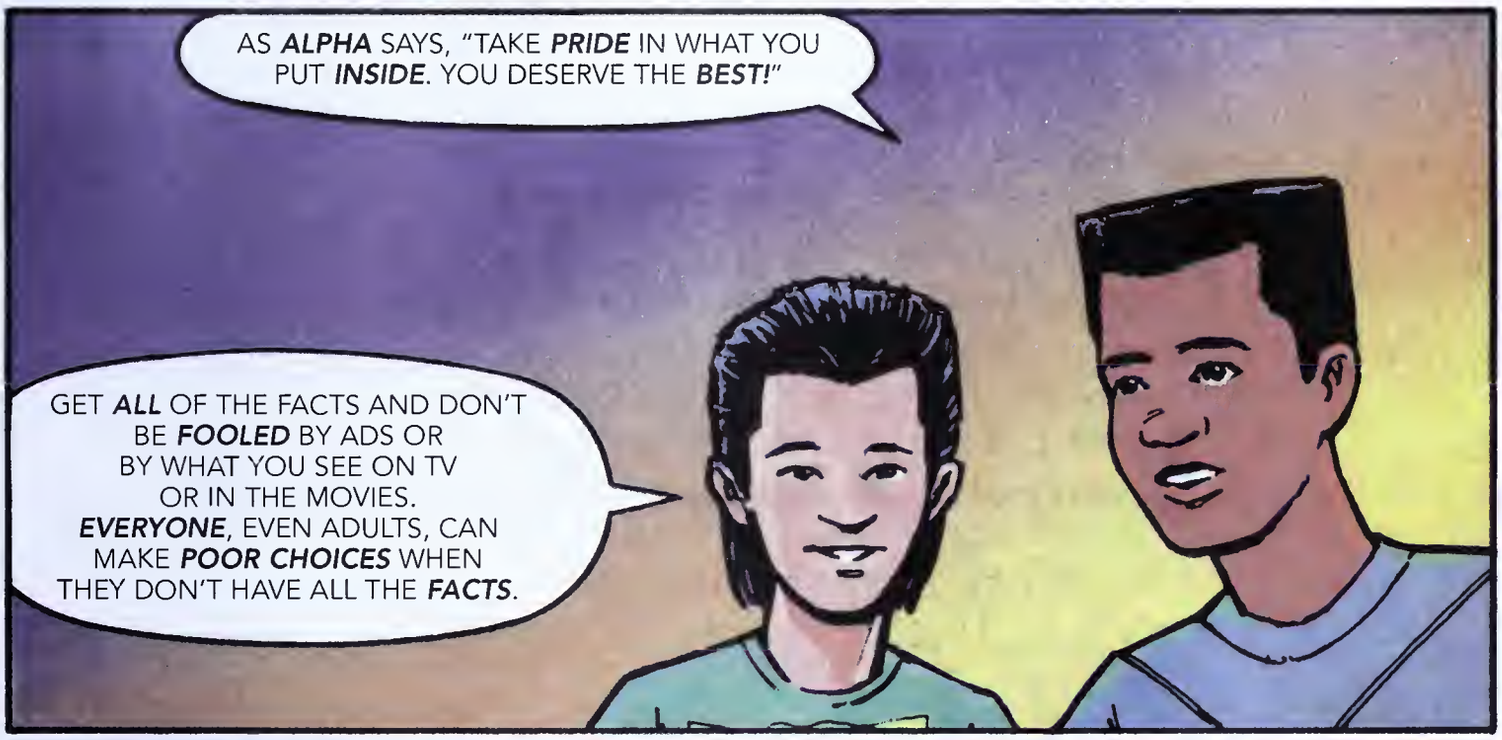
I FEEL *GOOD* ABOUT MYSELF WHEN I'M *RUNNING*. I'M NOT GOING TO LET *CIGARETTES* STOP ME FROM DOING MY *BEST*. THAT'S WHY *I'M* NOT GOING TO *SMOKE*.

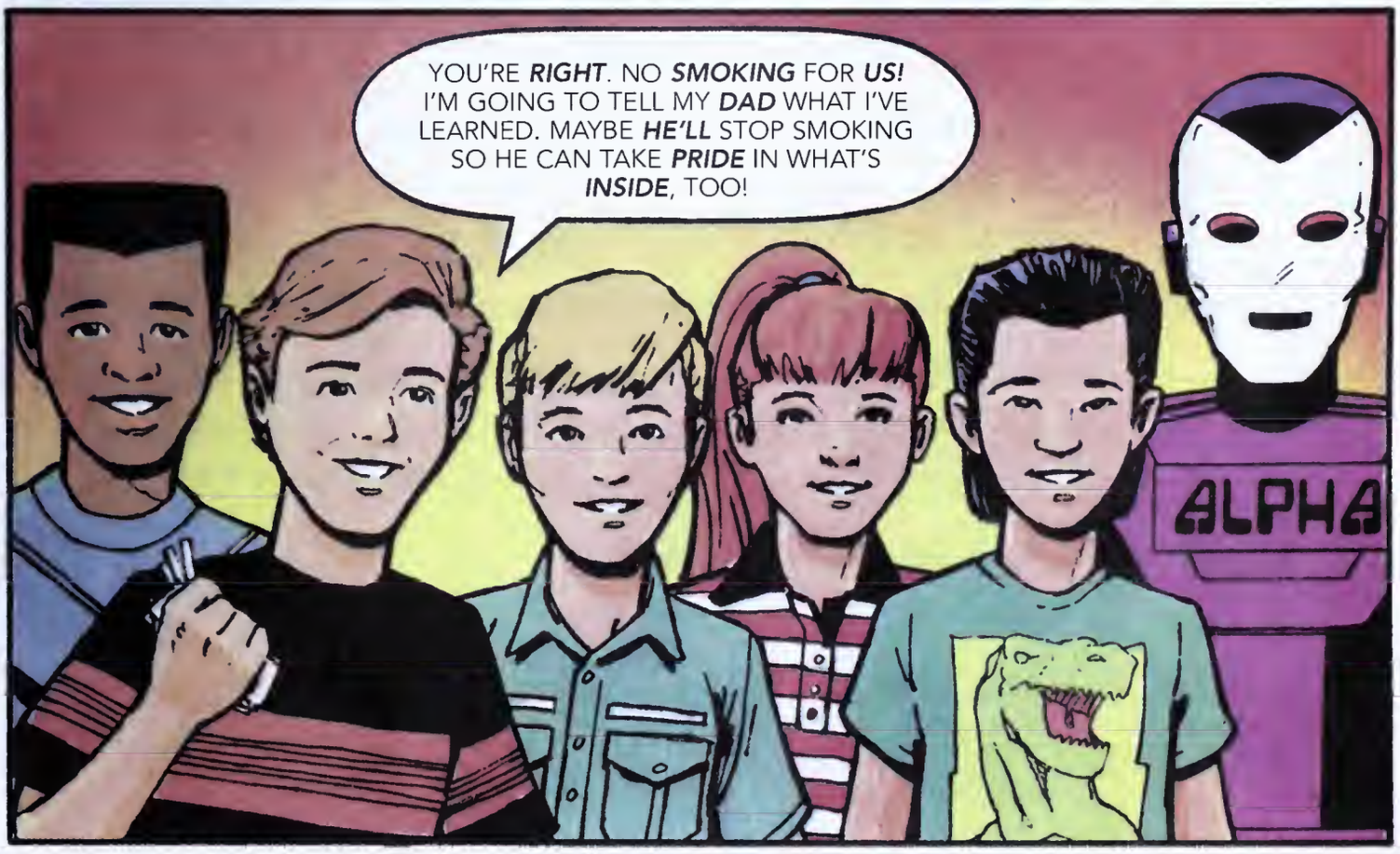

SOMETIMES PEOPLE SMOKE BECAUSE THEY THINK IT RELIEVES STRESS.
AT LEAST THAT'S WHAT MY DAD THOUGHT.
AS AN ELECTRICAL ENGINEER, HE WORKED LONG HOURS AND WAS UNDER PLENTY OF STRESS, SO HE SMOKED A LOT UNTIL...
HE GOT REALLY SICK AND HAD TO GO TO THE HOSPITAL. THE DOCTOR TOLD HIM IF HE WANTED TO GET BETTER, HE HAD TO QUIT SMOKING.
HE'S BETTER NOW.
HE STILL WORKS LONG HOURS, AND I DON'T GET TO SEE HIM AS MUCH AS I'D LIKE TO...
BUT IF HE HADN'T STOPPED SMOKING, MAYBE I WOULDN'T GET TO SEE HIM AT ALL.
ALPHA
EVERY TIME SOMEONE SMOKES, HE INCREASES HIS RISK OF SICKNESS AND DEATH.


FOR EXAMPLE, LUNG DISEASE BEGINS TO DEVELOP WITH THE FIRST CIGARETTE YOU SMOKE.
ALPHA
HEALTHY LUNGS ARE CLEAN. A NONSMOKER'S LUNGS CAN PROVIDE HIS BODY WITH A GOOD SUPPLY OF OXYGEN, ENOUGH TO PERFORM VIGOROUS ACTIVITIES.
WHEN A PERSON SMOKES, THE LUNGS BECOME BLACKENED FROM TAR CONTAINED IN CIGARETTES. IF SOMEONE SMOKES AND LATER QUITS, HIS HEALTH CAN IMPROVE, BUT...
KOFF! KAFF!
ALPHA
IF HE CONTINUES TO SMOKE, HIS HEALTH WILL ONLY GET WORSE.


ALPHA, WHAT ABOUT *SNUFF* AND *CHEWING TOBACCO*?
YOU *ALWAYS* SEE BASEBALL PLAYERS CHEWING TOBACCO. *THEY* LOOK HEALTHY, SO IT MUSTN'T BE AS BAD AS SMOKING *CIGARETTES*, RIGHT?
WRONG! SMOKELESS TOBACCO CONTAINS HARMFUL AND ADDICTIVE NICOTINE, JUST LIKE CIGARETTES. IT IS JUST AS DANGEROUS.
USING SMOKELESS TOBACCO CAUSES TOOTH LOSS, GUM DISEASE AND CANCER OF THE MOUTH.
EEW! GROSS!!
ALPHA
THAT IS CORRECT.


TO MAKE **HEALTHY** DECISIONS, YOU NEED **ALL** THE FACTS. YOU MUST **THINK**: IS THIS ACTION **WRONG?** WILL IT **HURT** ME NOW OR IN THE FUTURE?
THINK FOR YOURSELF, AND NEVER LET ANYONE PRESSURE YOU INTO DOING SOMETHING YOU KNOW IS **WRONG**. TOBACCO CONTAINS **HARMFUL** AND **ADDICTIVE DRUGS**. YOU KNOW USING DRUGS IS **DANGEROUS** AND **ILLEGAL**.
YOU WILL BE A BETTER PERSON WHEN YOU SAY **"NO!"** TO UNHEALTHY THINGS, LIKE **SMOKING**. YOU WILL BE THE **BEST** YOU CAN BE.


AS **ALPHA** SAYS, "TAKE **PRIDE** IN WHAT YOU PUT **INSIDE**. YOU DESERVE THE **BEST!**"
GET **ALL** OF THE FACTS AND DON'T BE **FOOLED** BY ADS OR BY WHAT YOU SEE ON TV OR IN THE MOVIES. **EVERYONE**, EVEN ADULTS, CAN MAKE **POOR CHOICES** WHEN THEY DON'T HAVE ALL THE **FACTS**.


YOU'RE **RIGHT**. NO **SMOKING** FOR **US!** I'M GOING TO TELL MY **DAD** WHAT I'VE LEARNED. MAYBE **HE'LL** STOP SMOKING SO HE CAN TAKE **PRIDE** IN WHAT'S **INSIDE**, TOO!
ALPHA

the INSIDE TRACK

ANSWER THE FOLLOWING QUESTIONS.

1. What are some of the reasons Russell thought it was okay to smoke? What is wrong with his reasoning?

2. Alpha told Russell, Scott and the Insiders certain facts about smoking. List three kinds of tobacco products and explain what happens to a person who uses them.

3. Why is it important to find out all the facts about drugs?

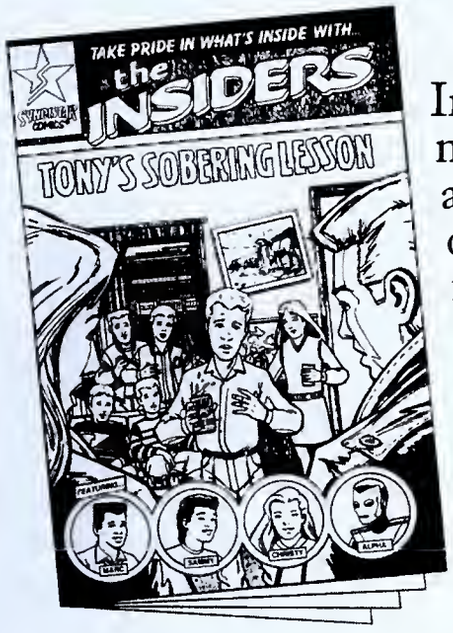
4. Sammy's Dad thought smoking relieved stress. Really, it was making his health worse. List some healthy things you can do to deal with stress.

5. What are some of the things to consider in order to make healthy decisions?

6. With whom can you share what you've learned today?

   Write what you would tell them on a separate sheet of paper and give it to the instructor.

Ask for these other exciting issues featuring ALPHA and the Insiders!

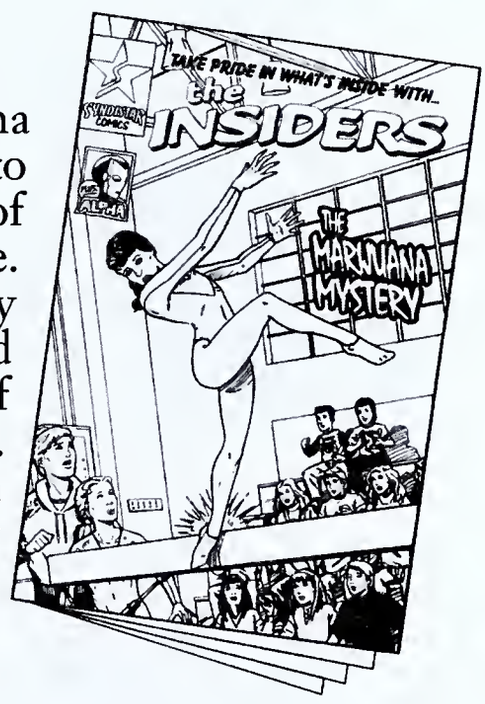


TONY'S SOBERING LESSON

In a new school and faced with many changes, Tony will do anything to make friends, even drink alcohol. Under pressure from the "Omegas", Tony takes a drink then learns the hard way that use of alcohol leads to trouble. ALPHA explains how alcohol can affect a person's body and why some people are addicted to alcohol.

THE MARIJUANA MYSTERY

Holly knew that smoking marijuana was bad, but refusing Mike's offer to smoke might ruin her chances of being asked to the Spring Dance. By smoking marijuana, Holly places herself in danger and jeopardizes her school's chance of winning the state championship. ALPHA explains how marijuana affects the body and helps Holly learn how to be a real winner by standing up for what she believes.



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the TOBACCO temptation

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